

Health K–12

Section 19

Health K–12

1 Knowledge of the foundation, theories, and principles of health education

1. Identify the philosophies, theories, and concepts of comprehensive health education.
2. Identify the stages of the prevention continuum.
3. Identify the components of effective coordinated school health programs.
4. Identify historic and current policies, legislation, and advocacy strategies related to improving coordinated school health programs.

2 Knowledge of health education standards and practice

1. Identify tools and techniques for assessing the health needs of individuals, schools, and communities.
2. Identify educational strategies to meet the needs of diverse populations.
3. Identify effective health education program planning.
4. Identify effective implementation strategies for health education programs.
5. Identify methods for evaluating health education programs.
6. Identify methods for coordinating health education services.
7. Identify health education resources and health education practitioners.
8. Identify appropriate techniques to communicate information about needs, concerns, and resources in health and health education.

3 Knowledge of personal health and wellness principles

1. Identify underlying concepts and components of wellness.
2. Identify procedures and benefits of personal health practices.
3. Identify common screening or diagnostic techniques and their preventive benefits.
4. Identify decision-making processes in solving health-related problems.

5. Identify effective research-based strategies for preventing pregnancy, HIV, and other sexually transmitted infections (STIs).
6. Identify examples and benefits of responsible sexual behavior.

4 Knowledge of anatomy, physiology, diseases, and disorders

1. Identify the structure and functions of the human body.
2. Identify the relationship of anatomy and physiology to personal health and wellness.
3. Identify physiological changes throughout the life cycle.
4. Identify risk factors, causes, modes of transmission, symptoms, treatment, and prevention of communicable diseases.
5. Identify risk factors, causes, etiology, symptoms, treatment, and prevention of noncommunicable diseases and disorders.

5 Knowledge of family systems

1. Distinguish between the types of family units.
2. Identify the changing roles, relationships, and influences of family members.
3. Identify strategies to help families cope with problems such as child abuse, divorce, illness, addiction, or death.

6 Knowledge of social and emotional development

1. Identify the stages and related characteristics of the lifespan.
2. Identify the components that influence social and emotional health.
3. Identify techniques for coping with social and emotional problems.
4. Identify community resources that support and assist in healthy social and emotional development.
5. Identify the psychosocial and physiological effects of stress.
6. Identify principles of stress management.
7. Select appropriate techniques for facilitating interpersonal communication.

7 Knowledge of nutritional theory and fitness

1. Identify the basic nutrients, their sources, and their functions in the human body.
2. Identify past and present nutritional principles in making food choices.
3. Analyze the relationships between food intake, body weight, and physical activity.
4. Relate specific food choices to diseases, behavioral disorders, and learning disabilities.
5. Identify possible physiological harm associated with eating disorders.

8 Knowledge of mental and emotional health disorders

1. Identify characteristics of mental and emotional disorders.
2. Identify mental and emotional health risk factors.
3. Identify the impact of mental health disorders on the individual and community.
4. Identify resources and strategies for prevention, intervention, and treatment of mental and emotional health disorders.

9 Knowledge of substance use, abuse, and addiction, and other addictive behaviors

1. Identify factors contributing to substance use, abuse, and addiction and other addictive behaviors.
2. Recognize the signs and symptoms of possible substance abuse and addiction and other addictive behaviors.
3. Identify the effects of alcohol, tobacco, and other drug abuse and addiction and other addictive behaviors on personal health.
4. Identify socioeconomic and legal consequences of substance abuse and addiction and other addictive behaviors.
5. Identify school and community resources and strategies for prevention, intervention, and treatment of substance abuse and addiction and other addictive behaviors.

10 Knowledge of violence prevention

1. Identify types and characteristics of violence.
2. Identify factors contributing to violent behavior.

3. Identify the characteristics of bullies and victims and the effects bullying has.
4. Identify effective school- and community-based strategies for preventing violent behavior among youth.

11 Knowledge of consumer health-related practices

1. Identify criteria and resources for evaluating health information, products, practices, and services.
2. Identify the relationship between consumer health laws and practices.
3. Identify alternative health practices.

12 Knowledge of environmental health and the community

1. Identify the interrelationship between human behavior and the environment.
2. Identify the effects of environmental hazards on the individual and the community.
3. Identify ways for individuals and the community to assume responsibility for developing and maintaining environmental quality.
4. Identify the functions and responsibilities of public and private agencies in improving the health of the community and the quality of the environment.

13 Knowledge of injury prevention

1. Identify effective injury prevention practices used in schools, homes, and communities.
2. Identify leading causes of transportation, classroom, playground, and sports injuries.
3. Identify first aid techniques and procedures for emergency situations.
4. Identify correct procedures for cardiopulmonary resuscitation.
5. Identify crisis and disaster management procedures.

14 Knowledge of media influences on health

1. Identify strategies for evaluating media-based health information.
2. Identify the types of media and strategies used to influence individual health decisions.